



PACE

People Advocating For Change Through Empowerment Inc.

April 2011
Newsletter

Peer Support
Referrals
Education
Advocacy
Socialization
Committees

Computer/
Internet

Laundry

Employment Sup-
ports

Workshops

PACE THUNDER STRUCK

www.pace-tbay.net/

PACE 217 ALGOMA STREET SOUTH THUNDER BAY ON P7B 3C3

PHONE: (807)343-4760 MEMBERS (807)345-1476 FAX (807)344-8147

P.A.C.E. OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON



“I may not be here physically, but I am here in spirit”

Joe Japs

In February, we said ‘good-bye’ to our longtime, dedicated board chair, Joe Japs. Joe’s knowledge and expertise in finance and board governance guided PACE through both good and difficult times. Joe retired for personal reasons and all of us at PACE wish him well in all his future endeavors.

Thank you, Joe

PACE Contacts

Board of Directors 343-4760

(Ext.221)

Executive Director:

Michelle Martin 343-4760(Ext. 222)

peoplechange@shaw.ca

Education Worker-Newsletter Editor:

Michael Owens 343-4760(Ext 224)

pace.education@shaw.ca

Systemic Advocate:

Annie Jollymore 343-4760(Ext 225)

pace.advocacy@shaw.ca

Membership Worker:

Diana Miller 343-4760 (Ext 223)

pace.support@shaw.ca

Administrative Assistant

Donna Aleman 343-4760(Ext. 221)

pace.admin@shaw.ca

EXECUTIVE DIRECTOR	2
SYSTEMIC ADVOCACY	2

SYSTEMIC ADVOCACY (CONT'D)	3
EDUCATION WORKER	

MEMBERSHIP WORKER	4
PEER SPECIALIST	5

P.A.C.E. - MANITOUWADGE	7
P.A.C.E. - GERALDTON	

P.A.C.E. - MARATHON	8
P.A.C.E. - SCHREIBER	

EVENT CALANDERS	9
	10

COMMITTEES	11
CELEBRATING SUCCESS	12

EXECUTIVE DIRECTOR - MICHELLE MARTIN

A gift of words given to me, I share with you:

THE WORLD IS OUR CLASSROOM

I've learned that.....

- I've learned that most of the things I worry about never happen. *-age 64*
 I've learned that every great achievement was once considered impossible. *-age 47*
 I've learned that you can't hide a piece of broccoli in a glass of milk. *-age 7*
 I've learned that if there were no problems there would be no opportunities *-age 19*
 I've learned that it doesn't cost anything to be nice. *-age 66*
 I've learned that the important thing is not what others think of me but what I think of me. *-age 38*
 I've learned that even the simplest task can be meaningful if I do it with the right spirit. *-age 72*
 I've learned that in every face-to-face encounter, regardless of how brief, we leave something behind *-age 45*
 I've learned that whenever I decide something with kindness, I usually make the right decision. *-age 66*
 I've learned that if you spread the peas out on your plate, it looks like you ate more. *-age 6*
 I've learned that regardless of colour or age, we all need about the same amount of love. *-age 37*
 I've learned that education, experience, and memories are three things that no one can take away from you. *-age 67*
 I've learned that motel mattresses are better on the side away from the phone. *-age 50*
 I've learned that simple things are often the most satisfying. *-age 63*
 I've learned that if you want to cheer yourself up, you should try cheering up someone else. *-age 13*
 I've learned that successful living is like playing a violin-it must be practiced daily. *-age 70*
 I've learned that if you laugh and drink soda pop at the same time, it will come out your nose. *-age 7*
 I've learned that a sunroof is worth the extra cost. *-age 29*
 I've learned that optimists live longer than pessimists. That's why I'm an optimist. *-age 84*
 I've learned that happiness is like perfume: you can't give it away without getting a little on yourself. *-age 59*
 I've learned that when someone hurts your feelings, it's unimportant unless you persist in remembering it. *-age 68*
 I've learned that there's no elevator to success. You have to take the stairs. *-age 48*
 I've learned that if you smile at people, they will almost always smile back. *-age 81*
 I've learned that homemade Toll House cookies should be eaten while still warm. *-age 29*
 I've learned that we grow only when we push ourselves beyond what we already know. *-age 53*
 I've learned never to underestimate the potential and power of the human spirit. *-age 82*
 I've learned that everyone has something to teach. *Age 51*

Michelle Martin/Executive Director

SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE CONT'D ON PG 3**Get to know us as people**

It seems like people with mental health and addiction issues always have to be vigilant against stigmatizing comments and attitudes in the media as well as misconceptions held by the public. It's sad that we also have to deal with negative attitudes among health care professionals. In the aftermath of the comments aired on a local radio program in mid-January by a nurse from the Regional Hospital, PACE has been working hard to develop educational materials to help hospital workers understand what it's like to have a mental illness. During an Internet voyage on this topic, I came across a blog written by a doctor who appears to be completing his credentialing process, somewhere. Dr. Rob calls his rant: **Stop Talking to the Mentally Ill Like They're Children.** He writes: I'm like one of those gunslingers who swings open the doors at the saloon ready to blow people away. Except instead of a Der-ringer or a Smith & Wesson I have a 'You too can Have High Self-Esteem' handout on one hip and a Positive Thoughts Worksheet on the other. That's how I roll.

ANNIE JOLLYMORE REPORT CONT'D FROM PG. 2

I sometimes go by Outpatient Psychiatry to be among my own kind. Today outside the main door was a male administrator, late 40's, well-dressed and groomed. He was speaking to a man who was in all likelihood a patient at the hospital. The man was about 60 and overweight, had a few nervous twitches and was speaking in a soft voice. He was unshaven and his clothes were tattered. I have a guess that he might suffer from Schizophrenia. I've seen him before in a worse way, responding anxiously to voices and people that no one else could hear or see. Today however he seemed much healthier and functional.

"!! Hope! You! Have! A! Good! Day! Today!" the administrator yelled. Was the man hard of hearing? I suppose it was possible as some people seem to think that deaf people can hear them if they just scream loud enough ... "Me too," said the patient. ... "Yes! You know what?! You're a good person, don't you know that?!" the administrator shouted again ... "Thanks."

The patient was clearly able to hear him so the yelling clearly wasn't necessary. I couldn't quite put my finger on what was driving my mood, but I was getting really annoyed at the way the administrator was speaking. Then it hit me that it wasn't simply the volume, it was patronizing tone that he was using, the way one might speak to an infant. "Such a good man you are, so polite, and you take your medicine just like the nice doctor man told you too!" I'm surprised he didn't pat him on the head and give him one of those oversized rainbow lollipops just for taking his Haldol.

This is bull--. If by chance someone actually does pay attention to this: do not talk down to or patronize people with mental illness. Why people do this is not entirely clear to me. I'm not sure if it's because we are afraid of people with mental illness or think they're stupid or that we are skeptical of anyone who is different but the reality is that it is insulting and disrespectful. In graduate school a patient in the psychiatric ward told me, "The staff here talk to me like I'm in pre-school. I'm still an adult even if I'm f---d in the head." It's a fair point.

We seem to use this same patronizing tone with the elderly and the homeless. The only people who should be spoken to like children are children. I was going to give the administrator a verbal smackdown and tell him to get it together and converse like a normal person but he jumped into his yellow Hummer and drove away. Probably out of fear of my wrath. I hope it costs him \$400 to fill up that gas tank.

<http://www.wellsphere.com/mental-health-article/stop-talking-to-the-mentally-ill-like-they-re-children/447478>

(Dr Rob's article edited for language and length) Submitted by Annie Jollymore

EDUCATION WORKER—MICHAEL OWENS

Peer Support Reduces Depression Symptoms

My article this month talks to something we here at P.A.C.E. have made a much larger part of our agency in the past year. Peer support is based on the belief that people who have faced, endured, and overcome adversity can offer useful support, encouragement, hope, and perhaps mentorship to others facing similar situations. While this belief is well accepted for many conditions, such as addiction, trauma, or cancer, the fact is stigma and stereotypes about mental illness have impeded attempts on the part of people in recovery to offer such supports within the mental health system. A new analysis of existing research finds that peer support may do better at treating depression than standard care. At the best of times depression is hard to treat even with the help of psychotherapy and antidepressant drugs. Studies have shown 1/3 of people suffering from depression have significant symptoms even after being treated with at least 4 different medications, furthermore, people who recover from depression because they are taking antidepressants often relapse within a year. Recently researchers conducted several studies involving depression and peer support to see just how it compared to Standard Care, Cognitive Behavioral Therapy, or both. They found, according to their findings, peer support was "superior" to standard care but didn't do significantly better or worse than cognitive behavioral therapy, which trains people to develop new patterns of thought and behavior. It is suggested that peer support is so helpful due to it lessening feelings of isolation, providing a better buffer against stressful events, allows people to share health information and offers role models. Peer Support programs also empower people to play a more active role in their own self-care.

MEMBERSHIP WORKER- - DIANA MILLER***Guided Imagery***

Guided imagery is a tool that can be used to treat depression, anxiety and many other symptoms and it can be used by anyone, anywhere at any time. Even though it can be considered a kind of meditation, it is easier for most than traditional meditation, as it requires less time and discipline to develop a high level of skill. This is because it seduces the mind with appealing sensory images that have their own natural pull. And because it results in a kind of natural trance state, it can be considered a form of hypnosis as well. Guided imagery is a way of calming your mind, by listening to positive meditations that walk you through peaceful scenarios, imprinting uplifting affirmations to make you feel serene and more emotionally grounded. Simply put, it fills your mind with pleasant thoughts, to counteract and replace all the negativity that is bringing your mood down. One of the most appealing features about imagery is that almost anyone can use it. Imagery skips across the barriers of education, class, race, gender and age - a truly equal intervention. Imagery can also boost your immunity and is very effective for the treatment of stress. Imagery is at the center of relaxation techniques designed to release brain chemicals that act as your body's natural brain tranquilizers, helpful with sleeping and pain. As much as we can instruct our conscious minds to feel joy, they rarely listen. The unconscious on the other hand has a profound ability to change. Guided imagery for depression is a way to take our mental state into our own hands, to help ourselves. It has a place next to traditional therapies such as psychotherapy and medication. This therapy is not a substitute for professional care, but it is a way to enhance your own personal journey. You can find many different scenarios on YouTube to try out. Simply type "guided imagery" into YouTube, sit back, relax and open your mind to the possibilities – Enjoy!

Diana Miller- Harquail
Membership Worker

Mental Health Week**Might Does Not Make Right (What Bullying Can Lead To)**

Tuesday May 3, 2011 1:30 – 3:30pm

285 Red River Road, Waverley Library, Downstairs Auditorium

PACE (People Advocating for Change through Empowerment Inc.)

Children victimized by bullying are more likely to experience high anxiety and depressive symptoms including psychiatric problems persisting later in life. Of great concern is high risk of suicidal ideation among children who are bullied.

Come join a conversation on the mental health consequences of bullying from a lived experience perspective.

Food, Mental Health, Stigma – Understanding the Relation

Thursday May 5, 2011 1:30 – 3:30pm

285 Red River Road, Waverley Library, Downstairs Auditorium

PACE (People Advocating for Change through Empowerment Inc.)

This intuitive workshop offers insight and awareness directed toward issues relating to balancing food, mental health and stigma. Through video presentation, group discussion and Paul's lived experience; participants will have a chance to explore factors affecting their total health. Paul hopes to provide you with all the tools and skills necessary to develop a positive approach to wellness.

PEER SUPPORT SPECIALIST—HELEN HIRVASOJA

Peer Specialist Committee

When I was asked to write something about peer support, the first thing I thought about was how excited I was when I initially heard about it almost a year ago. How bizarre; finally something that made sense to me in the mental health/addiction field. Being able to talk to REAL people who understood what I was going through. Psychiatrists, doctors, social workers, etc. all have their place but what I needed the most at times was someone who knew that some days its a struggle just to get out of bed in the morning never mind trying to figure out how to pay the rent and still be able to afford food.

There are so many things we cannot control in our mental health/addiction journeys but finally we have.....

THE RIGHT TO CHOOSE:

YOU can choose who to share with. There are currently three trained interning peer specialists available to talk to you (Anne, Beth and myself).

YOU can choose what you want to share. We are available to talk about the little things like just having a bad day and wanting someone to listen to you OR we can talk about bigger issues you have like housing, mental health, addiction, etc.

YOU can choose when and where. We can chat anywhere in the main membership areas or an office is available if you want a more confidential setting. Appointments are not necessary but can be scheduled if you want to make sure a certain time is set aside for you.

YOU can choose to change your mind. Just because you have talked to one intern does not mean you have to keep seeing only this intern. We are all here to support you and if you feel more comfortable with someone else, that is your choice.

It is also your choice to decide if this type of support is not for you

BUT I would encourage you to take five or ten minutes to find out.

P.A.C.E. BOARD OF DIRECTORS

EXECUTIVE BOARD MEMBERS:

CHAIR: ANNE CATAFORD

VICE CHAIR: GAIL HUSTON

TREASURER: BRIAN McINNES

SECRETARY: HELEN HIRVASOJA

MEMBER-AT-LARGE; ELIZABETH BELLUZ

BOARD MEMBERS;

ANTHONY LINKLATER

ALAN FRANKLIN

JAMES ROB

FRANK STILL



Many people have been fortunate enough to have had the privilege of getting to know our recently resigned Board Chair Joe Japs. Joe was known to many for his professionalism and his reliable nature. He is a man that any member could count on to support them and he was also very outspoken and proud of what we have done here at PACE. Throughout my time here at PACE I came to know another side of this admirable person and can honestly say PACE will not be the same without him. I never had one interaction with Joe where he was not smiling and cheerful. He cared about every single person who walked through the doors at PACE and I often heard him giving words of encouragement to the members of PACE. He is one of the most modest men I have ever met, Joe did good things for people just for the sake of doing good things for people which is a often lost quality in these times we live. Joe had a great laugh when he chose to let it loose and that laugh always brought a smile to my face, You could always pick Joe out of a crowd with his signature Toronto Blue Jays cap on. Joe was a loyal friend to us all and all his hard work and that wonderful laugh will not soon be forgotten. Joe was the Chair of the Board of Directors but treated everyone as equals which is something we at PACE strive to do and Joe was excellent at leading by example.

“To become truly great, one has to stand with people, not above them.” Charles de Montesquieu



On an outing at the Museum



Dave K and our Voyager Guide at Fort William Historical Park



Coleen and Heidi at Mario's Bowl



Frank and Anne go bowling

P.A.C.E. MANITOUWADGE—LORI OLIVERIA
COMMUNITY OUTREACH WORKER ***807-826-4442***

*PACE Manitowadge office has relocated down towards
the physio area in the hospital.*

Monday to Friday Mornings 9 am – 12 pm Coffee Club, Info & Support.

Every Monday crafts day 1 Pm , Every Wednesday Game day 1 Pm, Every Friday Game day 1 Pm
Community Dinner dates April 21st May 19th and June 16th at the Golden age club 5 PM

Movie dates April 19th, May 19th, June 23rd, starting @ 1 PM

Self-help dates April 14th, 28th May 12th, 26th June 9th, 23rd Starting @ 1 PM

Monthly Bingo April 21st May 24th June 21st

Pamper Yourself Group April 5th, May 17th, June 14th

Healing Garden Sign Up sheet, watch for date and time.

P.A.C.E. GERALDTON - SHELLEY CORMIER
COMMUNITY OUTREACH WORKER ***807-854-2649***

On Going Support Groups:

Coffee Chat: Mondays to Fridays @ 9am -12pm

Reflections: Tuesdays and Wednesdays @ 10am

Healthy You: Thursdays @ 11am

Movie Days:

All Movies start at 1pm

April 4 & 18, May 2 & 30, June 13 & 27

Topic of the Month

With B-Fast @ 10.00

April 7, May 5, June 2

Members Meeting

All Meetings Start at 12pm

April 21, May 26, June 23

P.A.C.E. MARATHON- CYNTHIA CLARKE
COMMUNITY OUTREACH WORKER 807-229-0357

What's Happening

Mondays – 1-3pm, Audio Book Club/Movie afternoon at the Office, 2pm.

Tuesdays – 1-3pm, Bowling

Wednesdays – PHAD (Physical Health Activity Day) Theatre Wii Fit / Walk, meet at A&W, 10am.

Thursday – Games Day at the office 2- 4pm.

Friday – Peer Drop In 9-11:30am – 1-4pm

Starting a new Physical Activity Group, titled PHAD (Physical Health Activity Day), for now we will be walking or going to the theatre to play WII sports. We will meet every Wednesday morning at 10 am.

Elder Abuse Awareness committee is in the preparation stage.

There will be an open house in April/May, update to follow.

P.A.C.E. SCHREIBER— LUANNA CARDIFF
COMMUNITY OUTREACH WORKER 807-824-1362

Monday - Coffee/Chat (Various topics member's choice)

Tuesday - Wellness Group (Depression/Anxiety Program)

Wednesday - Activity Day

Thursday - Peer day

Fridays - Nutrition/Fitness Group

Membership meeting held on the last Friday of every month.

Member's birthday club first Friday of each month.

*I can't believe there's not
another world where we will sit
and read new poems to each other
high on a mountain in the wind.*

So long Rick see you in the wind!!!



PACE Events Calendar

April, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>Pace Yourself!</i> <i>Is our new Slogan</i></p>			<p>1 2:00 p.m. Movie Afternoon Canasta 1:00</p>	2
3	4	<p>5 3:00 p.m. Birthday Cake & Cribbage</p>	<p>6 10:30 a.m. Topic of the Week</p>	7	<p>8 2:00 p.m. Movie Afternoon Canasta 1:00</p>	9
10	<p>11 11:00am Education Committee Meeting</p>	<p>12 1:00p.m. ACT. MTG. 3:00 p.m. Bingo</p>	<p>13 10:30 a.m. Peer Support Mtg. 1:00p.m. WII</p>	14	<p>15 2:00 p.m. Movie Afternoon Canasta 1:00</p>	16
17	18	<p>19 3:00 p.m. Rumoli</p>	<p>20 2:00p.m. General Membership Meeting</p>	<p>21 2:00 p.m. Movie Afternoon Canasta 1:00</p>	<p>22 PACE CLOSED</p>	23
24	<p>25 PACE CLOSED</p>	<p>26 1:00p.m. Bullying Workshop 3:00 p.m. Yahtzee</p>	<p>27 10:30 a.m. Topic of the Week 1:00p.m. WII</p>	<p>28 11:00 a.m. Membership Crafts</p>	<p>29 2:00 p.m. Movie Afternoon Canasta 1:00</p>	30

May. 2011

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 1:30p.m. Bullying Workshop Waverley Library 3:00p.m. Birthday Cake & Cribbage	4 10:30 a.m. Topic of the Week	5 1:30p.m. Food, Mental Health and Stigma Workshop Waverley Library	6 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	7
8	9	10 1:00p.m. ACT. MTG. 3:00 p.m. Bingo	11 10:30 a.m. Peer Support Mtg. <i>1:00p.m. WII</i>	12	13 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	14
15	16 11:00a.m. Education Committee Meeting	17 3:00 p.m. Rumoli	18 2:00pm General Membership Meeting	19	20 2:00 p.m. Movie Afternoon <i>Canasta 1:00p.m.</i>	21
22	23 PACE CLOSED	24 1:00p.m. Self-Esteem Workshop 3:00 p.m. Yahtzee	25 10:30 a.m. Topic of the Week <i>1:00p.m. WII</i>	26 11:00a.m. Membership Crafts	27 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	28

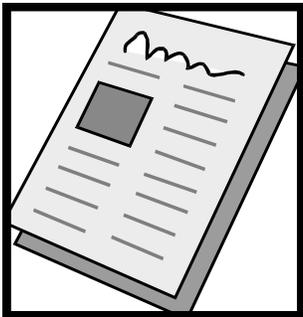
29	30	31 3:00 p.m. Games	June. 2011			
----	----	-----------------------	-------------------	--	--	--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 a.m. Topic of the Week	2	3 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	4
5	6 1:00 p.m. Newsletter Committee Meeting	7 3:00 p.m. Birthday Cake & Cribbage	8 10:30 a.m. Peer Support Mtg. <i>1:00p.m. WII</i>	9	10 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	11
12	13 1:00p.m. Newsletter Committee Meeting	14 1:00 p.m. ACT. MTG. 3:00 p.m. Bingo	15 2:00p.m. General Membership Meeting	16	17 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	18
19	20 1:00 p.m. Newsletter Committee Meeting	21 1:00p.m. Diabetes Workshop 3:00 p.m. Rumoli	22 10:30 a.m. Topic of the Week <i>1:00p.m. WII</i>	23	24 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	25
26	27	28 3:00 p.m. Yahtzee	29 10:30 a.m. Topic of the Week	30		

join us!

To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.

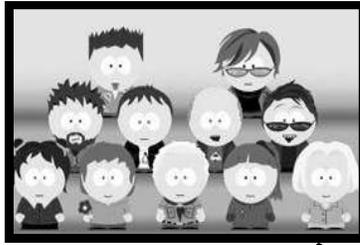
- June 6, 2011 @ 1:00 p.m.
- June 13, 2011 @ 1:00 p.m.
- June 20, 2011 @ 1:00 p.m.



The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletters go out:
January, April, July, October

Please pick up your copy today



We want and need your input!

Committee Corner

Education Committee:

We are looking for PACE members to help on this committee. It is our goal to tear down the stigma and labeling attached to mental illness. This is an opportunity to express your opinions and ideas in regards to education in the community as well as internally here at PACE. This is a time to have a voice, and help us to identify educational needs for the membership of PACE and ways we can also reach the community.

April 11, 2011 @ 11:00a.m.

May 16, 2011 @ 11:00a.m.



Advocating Change Together

"Working together to solve problems and working toward change to prevent problems". Join ACT the second Tuesday of each month at 11 a.m. and learn skills to make a difference in your life.

April 12 @ 1:00p.m.

May 10 @ 1:00 p.m.

June 14 @ 1:00 p.m.

When you don't vote, you let others speak for you... In Canada, we have fair and democratic methods for selecting the politicians who represent us. To not take part in the process or to feel like our opinion doesn't matter, would be to waste a power that each of us possess. It is our right to stand up and be counted. LEARN MORE ON APRIL 12th at 1 p.m.

Peer Support Committee

The Peer Support Committee is a committee made up of PACE members.

We meet the Second Wednesday of each month at 10:30 a.m.

Focus:

- together, members support each other
- increases knowledge and skills of members
- promotes socialization
- developments acquaintances and friendships

April 13, 2011 @ 10:30a.m.

May 11, 2011 @ 10:30 a.m.

June 8, 2011 @ 10:30 a.m.



Celebrating Success

WE WOULD LIKE TO TAKE THE TIME TO THANK ALL THE STAFF FROM PACE, ALPHA COURT AND ALICE FROM BISNO FOR ALLOWING US TO SHARE STORIES OF OUR TIME SPENT IN THE JUSTICE SYSTEM, WE HOPE IT WAS HELPFUL TO ALL THE FRONT LINE WORKERS AND ANYONE ELSE IN UNDERSTANDING WHAT IT IS LIKE AND WHAT PEOPLE CAN GO THROUGH WHEN INCARCERATED.

FRANK S AND JOHN S



Thunder Struck

All submissions to be sent to:

C/O
NEWSLETTER EDITOR
PEOPLE
ADVOCATING FOR CHANGE
THROUGH
EMPOWERMENT
217 ALGOMA ST S.
THUNDER BAY, ONTARIO
P7B 3C3
Michael Owens
Phone: 807-343-4760
Fax: 807-344-8147



PACE
217 Algoma St. S
Thunder Bay, ON
P7B 3C3

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the PACE Mission Statement. *Note:* The opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.